

5-Steps to

Re-Wire Your Brain for Great SEX!

Sex isn't everything.

But it's pretty darn critical to the health of our relationships and the health of our bodies. Yet too many of us do not have the satisfying sex lives we would like to have. We've settled for less – or none!

Why aren't more of us happy with our sex lives?

Part of the problem is how our society has come to view sex: To be sexy, you have to be gorgeous. To have great sex, you need to be very skilled. Great sex can only happen between people who are giddy in love. Sex is only for the young, etc, etc. When we bring these notions into the bedroom, we're doomed and disappointed.

We've also added so much stress and activity to our lives that sex often becomes just another task on our list of To Do's, usually at the bottom of the list (or not even on it). We're tired, we're tense, we're worried – and none of these feelings are conducive to a fun and satisfying sex life.

Is it hopeless?

No. But it may take a little re-wiring of your brain to reclaim that delicious sex life that you deserve -- a few minutes devoted to up-rooting the automatic conditioning that is blocking your sexual performance and enjoyment, and a few minutes of relaxation and reprogramming. What do you think? Is it worth it? If so, check out this 5 Step Process:

Re-wire Your Brain for Sex:

1. Stop, Look, and Listen –

What are your preconceived notions about sex? What thoughts are killing your sexual performance and enjoyment? Get *real* with yourself about your underlying attitudes and feelings. They may sound something like this:

Only men with large organs/women with large breasts are good sexual partners.

Sex is "dirty" with the lights on or in certain positions.

I'm too fat/too thin/too old/too homely to be sexually attractive.

We've been married too long to be really hot for one another.

Sound familiar? You're not the only one. Spend a few minutes with whatever thoughts and attitudes come up for you. Acknowledge to yourself that a) these thoughts are probably not enhancing your sex life, b) you *can* change your attitudes, and c) though your brain has been wired with the old, self-defeating attitudes, you *can* change that wiring to get what you really want – sex that is more satisfying and more fun!!

2. Breathe away your programmed negative thinking

You've identified attitudes, worries, and negative thoughts that might be blocking your fun

in the bedroom. But how to get rid of them before you hit the sheets?

Breathing has an amazing power to help us release all kinds of tension and negativity. Try this practice before you begin your romantic encounter: As you inhale, acknowledge the negative thinking that has been wired into your brain. As you exhale, sense yourself breathing away these toxins. Repeat the process – inhale and exhale – for several minutes. This process cleanses your brain so re-wiring can take effect.

3. Transform your attitude about sex!

“The brain can change as a result of the thoughts we think.” A study by Jeffrey Schwartz and colleagues at UCLA found that by acknowledging an irrational thought and then altering that thought so that it is more life affirming, the very stuff of the brain can be changed or re-wired. “The mind can change the brain.” (Time Magazine, Jan. 2007, *The Mystery of Consciousness*, Steven Pinker).

You can do it too! Re-wire your brain for great sex now! Now that you’ve acknowledged and breathed away your programmed negative thinking about sex, create a new conversation in your mind about the delightfulness, joyfulness, and fun of having sex and re-wire your brain with *new* thinking. Let’s have your thoughts sound more like this:

*I love sex; sex is fun and feels so good; sex is so relaxing.
I always feel better emotionally and physically when I have sex; sex is healthy,
energizing.
Sex is an adventure, different every time!
Having sex makes me feel more connected with my partner.
I am a great lover; My partner is a great lover; The more I have sex the better lover I am!
Sex is great exercise!*

4. Activate a positive feeling.

SMILE: smiling is your body’s way of changing a “NO” to a “YES!”

Your negative thinking may not be a pre-programmed attitude; it might be situational. For instance, maybe you’re not feeling good about your partner right now; maybe you’re mad at him/her and feel like withholding sex to express this anger. That’s OK. Just start from where you are. Then find an image that evokes unconditional feelings of appreciation and caring to awaken a positive feeling in your body. It doesn’t have to be an image of your partner or even anything to do with your partner. You can imagine your family dog or the rose bush you just planted – whatever makes you feel good. Research shows that feelings of appreciation/caring/joy have the power to open your heart, clear your mind, and relax your body. So whether re-programming from old attitudes or releasing the tension of a particular situation, let your positive images be center stage.

As you breathe with these positive feelings, they will expand in your body—loosing the tenseness in your muscles and relaxing the mind. Great sex is all about the ability to relax and enjoy—who ever heard of an uptight world’s greatest lover?

5. **GET OUT OF YOUR HEAD! Shift from thinking to breathing**

Sex is physical and emotional, not analytical. Snap out of your programmed thinking *about sex* and instead enjoy *sensing and experiencing yourself having sex*.

This might sound too simplistic, but the truth is that many of us carry our thoughts and worries about sex into the activity itself – and that doesn't work. Get out of your head and into your senses. To calm thoughts that arise, pay attention instead to your breathing, the sensation of your partner's body lying next to you. If you catch yourself drifting into your old thoughts (or thinking about anything other what's happening in this moment), turn your attention to the delicious feel of your partner's touch. Notice how pleasing your touch is to your partner. Find yourself being critical of yourself or your partner? Instead, tune into your breathing and -- even more powerful – tune into your partner's breathing. Trust me: the distance from deep breathing together to heavy breathing together is very short!

Helpful hint:

Finding and developing a breathing rhythm is crucial in cultivating an ability to fully experience and enjoy your senses. Sensing—sight, touch, sound, smell, and taste—brings you back into the experience of yourself in the present moment and is the key to enjoying great sex! To find your breathing rhythm:

1. Check out my newest audio program, [Beyond Breathing - Key One for Elite Athletic Performance](#). Now just \$14.95 (CD) or \$9.97 to download an MP3 file. [Beyond Breathing](#)

What's New from Dr. A?

- My newest book release, Snap Out Of It Now!, is filled with lots of helpful tips on how to re-wire your brain for peak performance—whether your game is sex or money! For more info click on this link: [Snap Out of it Now!:Order Snap Out of it Now!](#)